

# Region 16

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Aug 30, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Jun 23, 2010

## COMMUNITY SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Mon - 08/30/2010				
COMMUNITY SCHOOL	Total	133		
SANDWICH, GRILLED CHEESE	SANDWICH	133	255	30.6
FRIES, OVEN MCCAIN'S COMMODITY	2.54 OZ	133	110	17.0
FRIES, SWEET POTATO	1 OZ	50	40	7.3
PICKLES,DILL	1 EACH	75	3	0.5
CATSUP PORTION	1 OZ	120	27	7.1
VEGGIE VARIETYW/DIP	.25 CUPS	61	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	61	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	35	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety	HALF PINT	106	123	18.6
Weighted Daily Average			697	115.48
% of Calories				66.2%
RDA's			664	0.00
% of RDA Satisfied			105%	

	Portion Size	Plan Qty	Cals	g Carb
Tue - 08/31/2010				
COMMUNITY SCHOOL	Total	118		
HAMBURG/CHES/BUN	1 EACH	118	346	21.5
FRIES, OVEN MCCAIN'S COMMODITY	2.54 OZ	118	110	17.0
FRIES, SWEET POTATO	1 OZ	118	40	7.3
LETTUCE & TOMATO:1 leaf,1 slice	1 lf,1 slc	30	5	1.1
PICKLES,DILL	1 EACH	82	3	0.5
CATSUP PORTION	2 OZ	75	55	14.3
VEGGIE VARIETYW/DIP	.25 CUPS	56	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	57	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	45	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	50	57	14.2
MILK - Variety	HALF PINT	75	123	18.6
Weighted Daily Average			814	113.16
% of Calories				55.6%
RDA's			664	0.00
% of RDA Satisfied			123%	
Shortfall				

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/01/2010				
COMMUNITY SCHOOL	Total	163		
BREADSTICK DUNKER(1)ELEM	SERVING	132	146	30.8
MARINARA SAUCE	3 OZ	125	36	7.8
CHEESE, STRING	1 oz	144	86	1.1
SALAD, TOSSED	1/2 CUP	75	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	75	0	0.0
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	7	82	17.1
BAGEL, PLAIN	BAGEL	5	190	36.8
YOGURT CUP/skip	1/2 CUP	2	160	25.0
CREAM CHEESE	1 TBSP	1	50	0.6
CHEESE, AMERICAN SLICE	SLICE	4	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	5	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	5	142	12.0
VEGGIE VARIETYW/DIP	.25 CUPS	54	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	51	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	33	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety	HALF PINT	130	123	18.6

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## COMMUNITY SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Weighted Daily Average % of Calories			514	84.64 65.8%
RDA's % of RDA Satisfied Shortfall			664 77% 150	0.00

Thu - 09/02/2010				
COMMUNITY SCHOOL	Total	185		
CHICKEN NUGGETS/TYSON 5 EACH	1 EACH	152	240	10.0
NOODLES, BARILLA ROTINI ELEMEN	1/2 CUP	165	86	16.4
MIXED VEGETABLES:frozen,boiled	1/2 CUP	50	59	11.9
ROLL DINNER WHITE FREIHOFER	1 EACH	100	55	11.0
ROLL DINNER WHEAT/FREIHOFER	1 EACH	55	100	17.0
CATSUP PORTION	2 OZ	130	55	14.3
SAUCE,BARBEQUE	PC	15	85	20.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	4	82	17.1
BAGEL, PLAIN	BAGEL	5	190	36.8
YOGURT CUP/skip	1/2 CUP	2	160	25.0
CREAM CHEESE	1 TBSP	1	50	0.6
CHEESE, AMERICAN SLICE	SLICE	4	106	0.5
GRILLED CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SALAD, CHEFS REIMBURSE	1 EACH	5	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	5	95	8.0
VEGGIE VARIETYW/DIP	.25 CUPS	46	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	37	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	33	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	67	57	14.2
MILK - Variety	HALF PINT	145	123	18.6
Weighted Daily Average % of Calories			649	92.28 56.8%
RDA's % of RDA Satisfied Shortfall			664 98% 15	0.00

Fri - 09/03/2010				
COMMUNITY SCHOOL	Total	1		
NO SCHOOL TODAY	SERVING	1	0	0.00
Weighted Daily Average % of Calories			0	0.00 0.0%
RDA's % of RDA Satisfied Shortfall			664 0% 664	0.00

Mon - 09/06/2010				
COMMUNITY SCHOOL	Total	1		
NO SCHOOL TODAY	SERVING	1	0	0.00
Weighted Daily Average % of Calories			0	0.00 0.0%
RDA's % of RDA Satisfied Shortfall			664 0% 664	0.00

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# Region 16

## Values COMMUNITY SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
<b>Tue - 09/07/2010</b>				
COMMUNITY SCHOOL	Total	160		
CHICKEN PATTY on a Bun	SANDWICH	135	330	37.0
FRIES, OVEN MCCAIN'S COMMODITY	2.54 OZ	163	110	17.0
FRIES, SWEET POTATO	1 OZ	25	40	7.3
LETTUCE & TOMATO:1 leaf,1 slice	1 lf,1 slc	22	5	1.1
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	1	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	6	82	17.1
BAGEL, PLAIN	BAGEL	3	190	36.8
YOGURT CUP/skip	1/2 CUP	2	160	25.0
CREAM CHEESE	1 TBSP	3	50	0.6
CHEESE, AMERICAN SLICE	SLICE	3	106	0.5
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	2	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	3	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	3	142	12.0
CATSUP PORTION	2 OZ	100	55	14.3
SAUCE, BARBEQUE	PC	50	85	20.6
VEGGIE VARIETYW/DIP	.25 CUPS	60	69	8.5
FRUIT JUICE, ASSOR. SKIP	4 oz.	84	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	40	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	84	57	14.2
MILK - Variety	HALF PINT	115	123	18.6
Weighted Daily Average			792	129.96
% of Calories				65.6%
RDA's			664	0.00
% of RDA Satisfied			119%	
Shortfall				

<b>Wed - 09/08/2010</b>				
COMMUNITY SCHOOL	Total	163		
PASTA , W/MEATBALLS DREAMF ELE	6 oz	134	295	48.2
SALAD, TOSSED	1/2 CUP	98	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	98	0	0.0
CAKE, YELLOW W/CHOC. FROSTING	SLICE	120	379	55.4
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	4	82	17.1
BAGEL, PLAIN	BAGEL	2	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	2	50	0.6
CHEESE, AMERICAN SLICE	SLICE	2	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	6	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	6	95	8.0
VEGGIE VARIETYW/DIP	.25 CUPS	64	69	8.5
FRUIT JUICE, ASSOR. SKIP	4 oz.	49	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	18	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	95	57	14.2
MILK - Variety	HALF PINT	128	123	18.6
Weighted Daily Average			817	132.91
% of Calories				65.0%
RDA's			664	0.00
% of RDA Satisfied			123%	

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Jun 23, 2010

## COMMUNITY SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Thu - 09/09/2010				
COMMUNITY SCHOOL	Total	166		
CHICKEN RINGS, TYSON COMM ELEM	5 EACH	136	220	13.0
RICE, STEAMED, BROWN	1/2 CUP	154	128	23.2
GREEN BEANS: frozen,boiled	1/4 CUP	30	9	2.2
ROLL DINNER WHITE FREIHOFER	1 EACH	100	55	11.0
ROLL DINNER WHEAT/FREIHOFER	1 EACH	36	100	17.0
CATSUP PORTION	1 OZ	125	27	7.1
SAUCE,BARBEQUE	PC	15	85	20.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	1	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	4	82	17.1
BAGEL, PLAIN	BAGEL	4	190	36.8
YOGURT CUP/skip	1/2 CUP	1	160	25.0
CREAM CHEESE	1 TBSP	4	50	0.6
CHEESE, AMERICAN SLICE	SLICE	4	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	11	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	2	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	8	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	8	95	8.0
VEGGIE VARIETYW/DIP	.25 CUPS	56	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	61	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	46	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	97	57	14.2
MILK - Variety	HALF PINT	130	123	18.6
Weighted Daily Average			700	108.34
% of Calories				61.9%
RDA's			664	0.00
% of RDA Satisfied			105%	

Fri - 09/10/2010				
COMMUNITY SCHOOL	Total	163		
PIZZA,BIG DADDY'SHARVEST E/10	4.60 OZ.	130	390	45.0
SALAD, TOSSED	1/2 CUP	94	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	94	0	0.0
FISH & CHEESE SEACRISP PAT/BUN	1 EACH	4	407	40.9
POTATO CHIPS	BAG	4	78	7.1
TARTER SAUCE: scratch	1 FL OZ	2	145	3.4
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	4	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	6	82	17.1
BAGEL, PLAIN	BAGEL	2	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	0	50	0.6
CHEESE, AMERICAN SLICE	SLICE	2	106	0.5
SALAD, CHEFS REIMBURSE	1 EACH	6	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	6	142	12.0
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	57	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	74	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	51	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety	HALF PINT	138	123	18.6
Weighted Daily Average			665	100.86
% of Calories				60.6%
RDA's			664	0.00
% of RDA Satisfied			100%	

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## COMMUNITY SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Mon - 09/13/2010				
COMMUNITY SCHOOL	Total	169		
PANCAKES, MINI MAPLE IN A BAG	pack	141	200	34.0
POTATO, HASH BR PATTY STATE AP	2.8 OZ	160	60	16.0
CATSUP PORTION	1 OZ	125	27	7.1
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	4	82	17.1
BAGEL, PLAIN	BAGEL	8	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	8	50	0.6
CHEESE, AMERICAN SLICE	SLICE	8	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	2	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	2	142	12.0
VEGGIE VARIETYW/DIP	.25 CUPS	59	69	8.5
FRUIT JUICE, ASSOR.SKIP	4 oz.	52	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	49	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	75	57	14.2
MILK - Variety	HALF PINT	130	123	18.6
Weighted Daily Average			532	101.22
% of Calories				76.2%
RDA's			664	0.00
% of RDA Satisfied			80%	
Shortfall			132	

	Portion Size	Plan Qty	Cals	g Carb
Tue - 09/14/2010				
COMMUNITY SCHOOL	Total	166		
NACHOS SUPREME	SERVING	145	313	16.1
RICE, STEAMED, BROWN	1/2 CUP	147	128	23.2
CORN: canned, yellow	1/2 CUP	100	66	15.4
LETTUCE/TOMATO/CHEESE	1 EACH	125	63	1.5
SOUR CREAM/LOW FAT 1 OZ.	1 OZ.	76	51	2.0
SALSA	1 OZ	71	10	2.0
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	1	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	2	82	17.1
BAGEL, PLAIN	BAGEL	2	190	36.8
YOGURT CUP/skip	1/2 CUP	1	160	25.0
CREAM CHEESE	1 TBSP	2	50	0.6
CHEESE, AMERICAN SLICE	SLICE	2	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	14	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	1	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	1	142	12.0
VEGGIE VARIETYW/DIP	.25 CUPS	89	69	8.5
FRUIT JUICE, ASSOR.SKIP	4 oz.	69	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	35	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	80	57	14.2
MILK - Variety	HALF PINT	130	123	18.6
Weighted Daily Average			816	105.51
% of Calories				51.7%
RDA's			664	0.00
% of RDA Satisfied			123%	
Shortfall				

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Aug 30, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Jun 23, 2010

## COMMUNITY SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/15/2010				
COMMUNITY SCHOOL	Total	161		
MOZZARELLA STICKS MS/HS 5 EACH	5 STICKS	123	440	33.0
SALAD, TOSSED	1/2 CUP	86	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	86	0	0.0
TOASTY CHEESE SANDWICH	SANDWICH	22	281	30.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	4	82	17.1
BAGEL, PLAIN	BAGEL	3	190	36.8
YOGURT CUP/skip	1/2 CUP	2	160	25.0
CREAM CHEESE	1 TBSP	3	50	0.6
CHEESE, AMERICAN SLICE	SLICE	3	106	0.5
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	0	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	6	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	6	142	12.0
VEGGIE VARIETYW/DIP	.25 CUPS	52	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	55	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	40	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	97	57	14.2
MILK - Variety	HALF PINT	132	123	18.6
Weighted Daily Average			670	84.99
% of Calories				50.7%
RDA's			664	0.00
% of RDA Satisfied			101%	
Shortfall				

	Portion Size	Plan Qty	Cals	g Carb
Thu - 09/16/2010				
COMMUNITY SCHOOL	Total	175		
CHICKEN, POPCORN TYSON	14 EACH	144	194	8.2
NOODLES, BARILLA ROTINI ELEMEN	1/2 CUP	157	86	16.4
MIXED VEGETABLES:frozen,boiled	1/4 CUP	100	30	6.0
ROLL DINNER WHITE FREIHOFER	1 EACH	55	55	11.0
ROLL DINNER WHITE FREIHOFER	1 EACH	100	55	11.0
CATSUP PORTION	1 OZ	140	27	7.1
SAUCE,BARBEQUE	PC	50	85	20.6
TOASTY CHEESE SANDWICH	SANDWICH	18	281	30.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	0	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	3	82	17.1
BAGEL, PLAIN	BAGEL	2	190	36.8
YOGURT CUP/skip	1/2 CUP	2	160	25.0
CREAM CHEESE	1 TBSP	2	50	0.6
CHEESE, AMERICAN SLICE	SLICE	2	106	0.5
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	7	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	7	95	8.0
VEGGIE VARIETYW/DIP	.25 CUPS	64	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	40	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	40	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	105	57	14.2
MILK - Variety	HALF PINT	150	123	18.6
Weighted Daily Average			638	97.04
% of Calories				60.9%
RDA's			664	0.00
% of RDA Satisfied			96%	
Shortfall			26	

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Jun 23, 2010

## COMMUNITY SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Fri - 09/17/2010				
COMMUNITY SCHOOL	Total	174		
PIZZA, STUFFED CRUST WEDGE	5.73 OZ	130	392	45.9
SALAD, TOSSED	1/2 CUP	94	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	94	0	0.0
FISH & CHEESE SEACRISP PAT/BUN	1 EACH	4	407	40.9
POTATO CHIPS	BAG	4	78	7.1
TARTER SAUCE: scratch	1 FL OZ	2	145	3.4
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	4	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	7	82	17.1
BAGEL, PLAIN	BAGEL	2	190	36.8
YOGURT CUP/skip	1/2 CUP	2	160	25.0
CREAM CHEESE	1 TBSP	1	50	0.6
CHEESE, AMERICAN SLICE	SLICE	2	106	0.5
SALAD, CHEFS REIMBURSE	1 EACH	6	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	6	142	12.0
TOASTY CHEESE SANDWICH	SANDWICH	18	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	57	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	74	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	51	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	106	57	14.2
MILK - Variety	HALF PINT	138	123	18.6
Weighted Daily Average			652	99.88
% of Calories				61.2%
RDA's			664	0.00
% of RDA Satisfied			98%	
Shortfall			12	

Mon - 09/20/2010				
COMMUNITY SCHOOL	Total	152		
CHICKEN ASIAN DELIGHT	1 EACH	125	310	35.0
RICE, STEAMED, BROWN	1/2 CUP	135	128	23.2
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	4	82	17.1
BAGEL, PLAIN	BAGEL	5	190	36.8
YOGURT CUP/skip	1/2 CUP	2	160	25.0
CREAM CHEESE	1 TBSP	1	50	0.6
CHEESE, AMERICAN SLICE	SLICE	4	106	0.5
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SALAD, CHEFS REIMBURSE	1 EACH	4	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	4	142	12.0
VEGGIE VARIETYW/DIP	.25 CUPS	46	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	37	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	33	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	67	57	14.2
MILK - Variety	HALF PINT	125	123	18.6
Weighted Daily Average			643	97.83
% of Calories				60.9%
RDA's			664	0.00
% of RDA Satisfied			97%	
Shortfall			21	

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# Region 16

## Values COMMUNITY SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Tue - 09/21/2010				
COMMUNITY SCHOOL	Total	149		
TACO, MEXICAN	1 EACH	121	232	10.7
RICE, STEAMED, BROWN	1/2 CUP	145	128	23.2
CORN: canned, yellow	1/2 CUP	75	66	15.4
LETTUCE/TOMATO/CHEESE	1 EACH	115	63	1.5
SOUR CREAM/LOW FAT 1 OZ.	1 OZ.	75	51	2.0
SALSA	1 OZ	25	10	2.0
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	4	82	17.1
BAGEL, PLAIN	BAGEL	5	190	36.8
YOGURT CUP/skip	1/2 CUP	2	160	25.0
CREAM CHEESE	1 TBSP	1	50	0.6
CHEESE, AMERICAN SLICE	SLICE	4	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	5	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	5	142	12.0
VEGGIE VARIETYW/DIP	.25 CUPS	46	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	37	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	33	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	67	57	14.2
MILK - Variety	HALF PINT	110	123	18.6
Weighted Daily Average			693	89.27
% of Calories				51.5%
RDA's			664	0.00
% of RDA Satisfied			104%	
Shortfall				

Wed - 09/22/2010				
COMMUNITY SCHOOL	Total	164		
BREADSTICK DUNKER(1)ELEM	SERVING	132	146	30.8
MARINARA SAUCE	3 OZ	125	36	7.8
PASTA BARIL. ITALIANOELE/MS/HS	1/2 cup	145	169	32.8
CHEESE, STRING	1 oz	144	86	1.1
SALAD, TOSSED	1/2 CUP	75	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	75	0	0.0
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	7	82	17.1
BAGEL, PLAIN	BAGEL	5	190	36.8
YOGURT CUP/skip	1/2 CUP	2	160	25.0
CREAM CHEESE	1 TBSP	1	50	0.6
CHEESE, AMERICAN SLICE	SLICE	4	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	5	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	5	142	12.0
VEGGIE VARIETYW/DIP	.25 CUPS	54	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	51	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	33	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	91	57	14.2
MILK - Variety	HALF PINT	125	123	18.6
Weighted Daily Average			664	114.40
% of Calories				68.9%
RDA's			664	0.00
% of RDA Satisfied			100%	

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# Region 16

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Aug 30, 2010 thru Sep 30, 2010 Spreadsheet - Portion

Jun 23, 2010

## Values COMMUNITY SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Thu - 09/23/2010				
COMMUNITY SCHOOL	Total	180		
CHICKEN TENDERS 3 EA TYSON COM	SERVING	152	240	15.0
BUN HAMBURGER WHEAT	1 EACH	152	140	27.0
POTATOES, MASHED NATURE'S OWN	1/2 cup	165	80	15.0
GREEN BEANS: frozen,boiled	1/4 CUP	75	9	2.2
CATSUP PORTION	1 OZ	140	27	7.1
SAUCE,BARBEQUE	PC	30	85	20.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	4	82	17.1
BAGEL, PLAIN	BAGEL	5	190	36.8
YOGURT CUP/skip	1/2 CUP	2	160	25.0
CREAM CHEESE	1 TBSP	1	50	0.6
CHEESE, AMERICAN SLICE	SLICE	4	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	5	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	5	95	8.0
VEGGIE VARIETYW/DIP	.25 CUPS	46	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	37	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	33	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	67	57	14.2
MILK - Variety	HALF PINT	125	123	18.6
Weighted Daily Average			666	100.04
% of Calories				60.1%
RDA's			664	0.00
% of RDA Satisfied			100%	

Fri - 09/24/2010				
COMMUNITY SCHOOL	Total	157		
PIZZA BDHARVEST MS/HS 8 SL	5.60	130	475	54.8
SALAD, TOSSED	1/2 CUP	75	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	75	0	0.0
FISH & CHEESE SEACRISP PAT/BUN	1 EACH	5	407	40.9
POTATO CHIPS	BAG	5	78	7.1
TARTER SAUCE: scratch	1 FL OZ	2	145	3.4
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	7	82	17.1
BAGEL, PLAIN	BAGEL	5	190	36.8
YOGURT CUP/skip	1/2 CUP	2	160	25.0
CREAM CHEESE	1 TBSP	1	50	0.6
CHEESE, AMERICAN SLICE	SLICE	4	106	0.5
SALAD, CHEFS REIMBURSE	1 EACH	6	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	6	142	12.0
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	54	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	51	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	33	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	91	57	14.2
MILK - Variety	HALF PINT	135	123	18.6
Weighted Daily Average			729	104.40
% of Calories				57.3%
RDA's			664	0.00
% of RDA Satisfied			110%	

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# Region 16

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Aug 30, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Jun 23, 2010

## COMMUNITY SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Mon - 09/27/2010				
COMMUNITY SCHOOL	Total	160		
HAMBUR/CHESBURGER ON WHEAT BUN	1 EACH	135	339	27.0
FRIES, OVEN MCCAIN'S COMMODITY	3 OZ	135	130	20.1
FRIES, SWEET POTATO	2 OZ	100	80	14.7
LETTUCE & TOMATO: 1 leaf, 1 slice	1 lf, 1 slc	22	5	1.1
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	1	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	6	82	17.1
BAGEL, PLAIN	BAGEL	3	190	36.8
YOGURT CUP/skip	1/2 CUP	2	160	25.0
CREAM CHEESE	1 TBSP	3	50	0.6
CHEESE, AMERICAN SLICE	SLICE	3	106	0.5
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	2	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	3	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	3	142	12.0
CATSUP PORTION	2 OZ	135	55	14.3
SAUCE, BARBEQUE	PC	50	85	20.6
VEGGIE VARIETYW/DIP	.25 CUPS	60	69	8.5
FRUIT JUICE, ASSOR.SKIP	4 oz.	84	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	40	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	84	57	14.2
MILK - Variety	HALF PINT	115	123	18.6
Weighted Daily Average			853	132.25
% of Calories				62.0%
RDA's			664	0.00
% of RDA Satisfied			128%	

Tue - 09/28/2010				
COMMUNITY SCHOOL	Total	144		
MACARONI & CHEESE LOL	3/4 CUP	112	236	27.0
BROCCOLI: frozen, boiled	1/2 CUP	75	26	4.9
ROLL DINNER WHEAT/FREIHOFER	1 EACH	50	100	17.0
SALAD, CHEFS REIMBURSE	1 EACH	6	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	6	142	12.0
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	7	82	17.1
BAGEL, PLAIN	BAGEL	5	190	36.8
YOGURT CUP/skip	1/2 CUP	2	160	25.0
CREAM CHEESE	1 TBSP	1	50	0.6
CHEESE, AMERICAN SLICE	SLICE	4	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	54	69	8.5
FRUIT JUICE, ASSOR.SKIP	4 oz.	51	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	33	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	91	57	14.2
MILK - Variety	HALF PINT	120	123	18.6
Weighted Daily Average			562	89.39
% of Calories				63.6%
RDA's			664	0.00
% of RDA Satisfied			85%	
Shortfall			102	

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# Region 16

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Aug 30, 2010 thru Sep 30, 2010 Spreadsheet - Portion

Jun 23, 2010

## Values COMMUNITY SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/29/2010				
COMMUNITY SCHOOL	Total	149		
MEATBALL SUB ELE/ TORPEDO ROLL	1 EACH	75	316	31.6
NOODLES ITALIANO	1/4 cup	75	86	15.2
SALAD, TOSSED	1/2 CUP	75	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	75	0	0.0
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	5	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	10	82	17.1
BAGEL, PLAIN	BAGEL	15	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	3	50	0.6
CHEESE, AMERICAN SLICE	SLICE	3	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	30	281	30.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	10	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	10	95	8.0
VEGGIE VARIETYW/DIP	.25 CUPS	54	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	51	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	33	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	91	57	14.2
MILK - Variety	HALF PINT	125	123	18.6
Weighted Daily Average			607	92.46
% of Calories				60.9%
RDA's			664	0.00
% of RDA Satisfied			91%	
Shortfall			57	

Thu - 09/30/2010				
COMMUNITY SCHOOL	Total	180		
CHICKEN FINGERS 5 E TYSON COMM	SERVING	152	240	15.0
BUN HAMBURGER WHEAT	1 EACH	152	140	27.0
RICE, STEAMED, BROWN	1/2 CUP	165	128	23.2
MIXED VEGETABLES:frozen,boiled	.5 CUP	50	59	11.9
CATSUP PORTION	1 OZ	140	27	7.1
SAUCE,BARBEQUE	PC	30	85	20.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	4	82	17.1
BAGEL, PLAIN	BAGEL	5	190	36.8
YOGURT CUP/skip	1/2 CUP	2	160	25.0
CREAM CHEESE	1 TBSP	1	50	0.6
CHEESE, AMERICAN SLICE	SLICE	4	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	5	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	5	95	8.0
VEGGIE VARIETYW/DIP	.25 CUPS	46	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	37	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	33	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	67	57	14.2
MILK - Variety	HALF PINT	125	123	18.6
Weighted Daily Average			723	109.99
% of Calories				60.9%
RDA's			664	0.00
% of RDA Satisfied			109%	

Weighted Average			686	104.38
				60.8%

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